

Briefs . . .

Check CAC expiration date

People should call the ID card section for an appointment two to three weeks prior to the expiration date on their Common Access Card. If the card is already expired, then cardholders will need to bring two types of identification, such as a driver’s license and Social Security card. One of the two types must be a photo ID. The expired CAC cannot be used as identification. For appointments, call 221-0415 or 221-2278.

187th change of command

Lt. Col. Patricia Darnauer will relinquish command of the 187th Medical Battalion to Lt. Col. Michael Hershman June 29 at 8 a.m. at MacArthur Parade Field. For more information, call Beatrice Gamble at 221-1696 or e-mail Beatrice.gamble@amedd.army.mil.

232nd Med. Bn. change of command

Lt. Col. Brian Kueter will relinquish command of the 232nd Medical Battalion to Lt. Col. John Lamoureux July 12 at 8 a.m. at MacArthur Parade Field.

1st LSO change of command

Col. Robert Hough will relinquish command of the 1st Legal Support Organization to Lt. Col. Barry Robinson July 15 at 10 a.m. in the Roadrunner Community Center, Building 2797, Stanley Road.

See **BRIEFS** on Page 3



Fourth of July ‘Salute to the Union’

A display of the 50 state flags will grace the main post flagpole as Fort Sam Houston salutes the 231st anniversary of the Declaration of Independence July 4 at 11:30 a.m. at the main post flagpole on Stanley Road.

The traditional ceremony will feature a cannon salute to the Union fired in succession for each of the 50 states starting with Delaware.

Members of the “Sons of the American Revolution” dressed in period uniforms will ring a commemorative bell 13 times to commemorate the original 13 colonies which first formed the United States of America.

The Alamo City Community Marching Band will perform patriotic music before and after the ceremony.

The public is invited to enter Fort Sam Houston from the Walters exit off of Interstate Highway 35 or at the Harry Wurzbach Road entrance.

Inside . . .

From the Top	2
Sports	8
Religion	10
Child and Youth Services .	15
MWR	16
Community	17
Fort Freebies	18



Photo by Esther Garcia

Proud history

Command Sgt. Maj. Timothy Burke, Army Medical Department Center and School, and Soldiers assigned to Brooke Army Medical Center, U.S. Army South, 470th Military Intelligence Brigade and 32nd Medical Brigade participate in the Army streamer presentation celebrating the Army’s 232nd birthday June 14 at MacArthur Parade Field. The 178 colored streamers represent past battle campaigns. **See related story on Pages 12 and 13.**

VETCOM welcomes new commander

By Minnie Jones
Fort Sam Houston Public Information Office

The U.S. Army Veterinary Command welcomed a new commander, Col. David Rolfe, during a change of command ceremony Tuesday morning at the main post flagpole.

Maj. Gen. Gale Pollock, commander, U.S. Army Medical Command, and acting Army surgeon general, hosted the ceremony.

Rolfe succeeds Col. Leslie Huck, who served as the interim commander of the Veterinary Command after Col. Cliff Walker’s premature death in May. Pollock thanked Huck for stepping in and assuming the duties of an interim commander during a very difficult time.

Pollock said, “I’m honored to be present for the ceremony today. And this is a special ceremony because it is being done at a very difficult time — we have just suffered a tragic loss by

See **VETCOM WELCOMES** on Page 5



Photo by Brendine Hodges

Sgt. Maj. Kevin Lamer (center, right), sergeant major of the U.S. Army Veterinary Command, passes the flag to Col. David Rolfe (left), to symbolize assumption of command of VETCOM, while Col. Leslie Huck (right), stands at attention Tuesday during a change of command ceremony at the main post flagpole.

Summer gazebo concert series begins Sunday



Photo by Esther Garcia

The following gazebo concerts will be held at the gazebo located on Staff Post Road:

- Sunday at 7 p.m., hosted by Col. John Cook, commander, 32nd Medical Brigade.
- July 22 at 7 p.m., co-hosted by Col. Wendy Martinson, commander, U.S. Army Garrison Fort Sam Houston; and Randall Robinson, director, Installation Management Command-West.
- Sept. 23 at 6 p.m., hosted by Brig. Gen. James Gilman, commanding general, Brooke Army Medical Center and Great Plains Regional Medical Command.

Bring lawn chairs and blankets and enjoy an evening of music provided by the U.S. Army Medical Command Band. The public is invited to enter at the Walters gate off of Interstate Highway 35. A valid photo ID is required for everyone age 16 and older.

VA extends hours at 153 medical centers

WASHINGTON — Secretary of Veterans Affairs Jim Nicholson directed the Department of Veterans Affairs’ 153 medical centers keep their doors open longer in order to increase health care, especially mental-health services, for veterans.

Although the change applies to many hospital-based programs and services, Nicholson said the longer hours are to make the VA’s more than 9,000 mental-health professionals available when veterans need them.

“Illness doesn’t follow a nine-to-five schedule,” Nicholson said. “I’m directing our medical centers to provide extended hours to ensure we’re there for the veterans

who have earned our care.”

In recent months, Nicholson has announced a number of initiatives to improve mental-health care for returning combat veterans, including the hiring of suicide prevention coordinators for each medical center, 100 new adjustment counselors for VA’s 207 Vet Centers and 100 new medical-center employees to serve as advocates for the severely wounded.

VA’s mental health experts will gather in Washington next month to reassess the VA’s programs for veterans, especially veterans of operations Iraqi Freedom and Enduring Freedom.

VA operates the largest integrated health-care system

“Illness doesn’t follow a nine-to-five schedule.”

Jim Nicholson

Secretary of Veterans Affairs

in the country and the nation’s largest mental-health program. About 5.5 million veterans are expected to seek health care from VA’s nationwide system this year, accounting for about 800,000 hospitalizations and 60 million outpatient visits.

(Source: Department of Veterans Affairs)

Fort Sam Houston News Leader

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Briefs

Continued from Page 1

Retirement ceremony

A retirement ceremony for Command Sgt. Maj. Kenneth Fyffe, Installation Management Command- West Region, will be held Friday at 9 a.m. in front of Building 1000.

New healthcare education center

The post community is invited to the opening ceremony of the Center for Graduate Military Healthcare Education Monday at 10 a.m. at the Blesse Auditorium, Army Medical Department Center and School.

Senior Leader EO Training

A Senior Leader Equal Opportunity Training will be held Tuesday from 8 to 10 a.m. at Wood Auditorium in the Medical Command Headquarters, Building 2792. Majors through colonels, sergeants major through command sergeants major, and GS-13s and above are required to attend one session per fiscal year. For more information, call Master Sgt. Ricky Evans at 295-0561.

Civilian employee development

“Army Civilian Leaders for the 21st Century” training will be held June 28 and 29 from 9 to 11 a.m. and 1:30 to 3:30 p.m. each day at Evans Theater on Garden Road. The training will include how to prepare and be competitive for promotion opportunities. John Plifka, director, Basic Course, Army Management Staff College, and Fort Leavenworth, Kansas Campus, will provide the training. The training briefs are the first phase of the new Civilian Education System, a leader development program for Army civilians throughout their careers. For more information, call Cynthia Taylor, human resource specialist, Directorate of Human Resources, at 221-0107.

School board meeting

The Fort Sam Houston Independent School District Board of Trustees will meet for a regular meeting June 28 at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.

Pediatric Acute Care Clinic to close

The Brooke Army Medical Center Pediatric Acute Care Clinic will close June 30. For urgent matters that cannot wait until the next duty day or for advice after duty hours and on weekends and holidays, call 916-3160 and choose option 5 to access the San Antonio Patient Assistance Line. For advice regarding a child’s acute illness or injury during duty hours, call 916-3160 and choose option 3 if the child is enrolled in the adolescent clinic, and option 4 if the child is enrolled in the pediatric clinic. If the illness or injury is severe, call 911 or go to the emergency room.

Camp Bullis User’s Conference

Camp Bullis will host a User’s Conference Aug. 23 from 8 a.m. to 4 p.m. starting at the Camp Bullis Theater, Building 5900. Registration begins at 7:30 a.m. Senior staff and NCOs are highly encouraged to attend if they have arrived in the past year and conduct training at Camp Bullis. There will be a slide overview in the morning and a forum and tour in the afternoon. For reservations, call 295-7686 or e-mail jennings.pat@sam-houston.army.mil, or call 295-7592 or e-mail lane.ronald@samhouston.army.mil.

Ready for disaster

DoD trains with FEMA, state during hurricane exercise

Story and photos by Patti Bielling
U.S. Army North Public Affairs

Whether the participants were new to civil support operations or veterans of real-world missions, all said they found opportunities to learn during the Texas hurricane exercise June 4 to 7.

The event in Austin, Texas, allowed the state and its federal partners to evaluate Brownsville and Houston-Galveston evacuation plans as the notional Category 4 “Hurricane Debbie” approached the Texas coast.

In a concurrent exercise, U.S. Army North’s Region VI defense coordinating officer and element tested its civil support concept of operations.

As the Region VI defense coordinating officer, Col. Lavern “Bullet” Young participated in both the Army North and Texas events. He said the Texas exercise was the first time that all federal and Texas state partners were in one location at one time working off one common timeline.

“The state exercise allowed us to do some tremendous relationship building,” Young said. “All the senior leaders who would be involved in a disaster were there — the policy makers, the doctrine developers and the operators, all in the same room.

“It struck me how passionate they all are about saving lives, reducing suffering and helping people’s lives return to normal,” he said.

Young commands the six-person Region VI DCE, which is operationally focused on the states of Texas, Louisiana, Arkansas, New Mexico and Oklahoma. The element is one of 10 that serve as Department of Defense first responders during a natural or manmade disaster in the United States. The team used the Army North exercise as an opportunity to practice integrating augmentees, deploying to forward locations and processing requests for assistance.

When they deploy or exercise, the element is augmented by Army North experts in fields such as aviation, logistics, medical planning and engineering. The element also receives emergency preparedness liaison officers — members of the Reserve components of all services — who are experts on their state or region’s response plans.

As the scenario unfolded and Hurricane Debbie approached land, the state requested and received a presidential disaster declaration, which cleared the way for the Federal Emergency Management Agency to begin assisting the state-led response effort. The DCO and DCE deployed as part of the federal package to coordinate any active-duty military support FEMA might request in support of the state.

The DCE deployed its advance element from Denton, Texas, to San Antonio. The small team flew with their emergency response vehicle and a command and control vehicle on board a Marine Corps C-130 aircraft. Once in San Antonio, the advance element set up and tested its communications with the main body.

The DCE main body moved forward to Austin, where Maj. Johnny Jackson was among those who joined the team.

Jackson said he wanted to observe how the DCE mobilizes, how they function and “what they do from the trigger point of when a hurricane is approaching to what happens after landfall.”



Sgt. 1st Class Joe Garcia sets up communications equipment during the Texas hurricane exercise held June 4 to 7 in Austin, Texas.

When FEMA requests search-and-rescue, evacuation or other critical support, the action is put in a red jacket signifying that it is a life-saving or life-sustaining request for assistance, and the DCE processes it as quickly as possible.

“I was able to get a sense for how much responsibility the people at this table shoulder,” Jackson said. “Each red folder represents that somebody’s life is at stake. It’s very impressive when you think about it.”

Joshua Barnes, special assistant to the Federal Coordinating Officer, was among the FEMA Region VI participants in the exercises.

Barnes said that states are equipped to handle most emergencies; however, a disaster often requires a more extensive response that includes federal assistance. He said these exercises allow FEMA to better understand DoD and state capabilities.

“Seeing more DoD operations and processes helps FEMA learn the types of resources that are available so we can tailor our requests for assistance appropriately,” he said. “We are also able to identify possible needs of the state by looking at what they are doing, so we can plan to provide the additional capabilities the state may need.”

Most often, Barnes said, states request additional medical support, commodities like water and ice, and air and ground transportation.

“For DoD, this usually translates into providing transportation assets to deliver water and ice to distribution points, providing additional helicopter transportation or search and rescue capabilities — things the states can do but DoD can help them expand their operations during a disaster,” Barnes said.

Young said he’s confident his team is ready to coordinate support if needed during a hurricane season.

“Relationships between DoD, FEMA and the states have improved since 9/11,” he said. “And FEMA’s leaning forward now more than ever to provide that presence with the state before a disaster.”

And when FEMA is called, DoD won’t be far behind to provide support the states request, Young said.

“We keep ourselves packed and ready to go, because we’re DoD’s first responders,” he said.

“That’s why I love this job. We’re here to help Americans, and it’s our way of giving back.”



Col. Lavern “Bullet” Young and Lt. Col. Travis Grigg discuss the Region VI concept of operations during the Texas Hurricane Exercise.

Taking care of Soldiers:

Army's newest units to address Soldier medical care, transition nationwide

(Note: This is the first in a series of articles addressing the Army's new initiatives for the care of wounded Soldiers and their Families.)

The U.S. Army announced June 14 a series of improvements for wounded Soldiers' medical care and outpatient assistance to prepare them for continued, successful military service or transition to active citizenship — including the national establishment June 15 of Warrior Transition Units at the Army's major installations nationwide.

“As we’ve said before, the Army takes Soldier inpatient and outpatient care very seriously,” said Army Chief of Staff Gen. George W. Casey Jr., “and remains firmly committed to returning our Soldiers to productive careers and lives. We have made improvements, but realize there is still work to be done — including work with the complex Medical Evaluation Board and Physical Evaluation Board processes. By no means is everything ‘fixed’ — but we are aggressively acting on what we can fix now.”

The Army continues partnering with the Defense Department and the Department of Veterans Affairs on efforts to smooth transition from one organization to another, streamline bureaucracy, and offer education about symptoms and care. The Army Medical Action Plan includes significant current improvements in leadership and services enhancing a Soldier-centric health care system.

The following are a few of the immediate improvements:

Establishing Command and Control. On June 15, U.S. Army Medical Command consolidated Medical Hold units for active duty Soldiers and Medical Holdover units for Reserve Component Soldiers into single Warrior Transition Units, and assumed command and control of these units. Assigning all Soldiers, regardless of component, under one command, ensures equity in care, leadership and administrative support.

Transition Triad. Army Medical Command also is establishing a provisional Warrior Transition Unit command and control structure of active and Reserve personnel that includes a primary care manager, nurse case manager and a squad leader triad for each warrior in transition.

The provisional status for these units is the first step to establishing a formal manning or personnel document that reflects these new units and the positions associated with them, and the triad is a new concept that synchronizes the efforts of leadership and clinical support.

Increased Priority to Transition Families. The senior mission commander, typically the installation commander, now makes warrior in transition facilities and furnishings top priorities for repairs and improvements. The sen-

ior mission commanders also conduct monthly town hall meetings for warriors and their Families, ensuring medical treatment facility, Warrior Transition Units, and garrison commanders and staffs all attend, to collectively understand the issues and assign appropriate responsibility.

Placing Greater Focus on Family Support. The Army conducted a meeting in May with leaders, Soldiers, Family Members and veterans to work issues facing Families of wounded Soldiers and warriors in transition. Attendees developed the structure, functions, roles and responsibilities of a prototype Soldier and Family Assistance Center.

These centers were stood up at Walter Reed Army Medical Center and Brooke Army Medical Center, and similar capabilities are being established Army wide.

Supporting Families in Transition. Policies now allow for non-family members who provide patient support to wounded warriors to receive guest lodging. Before this policy change, if a non-medical attendant was not a relative, procedures were not always in place for them to have access to guest housing while they cared for their loved ones. While this may appear to benefit single Soldiers more, it is a policy change that is also being applied to non-medical attendants of married Soldiers.

Creating Full Patient Visibility. The Army is improving visibility of patient status through a Web-based joint patient-tracking application as well as a patient record and tracking system internal to the Defense Department. From point of injury or illness, the Army leadership will have improved visibility on location, medical status and progress of Soldiers care.

Facilitating the Continuum of Care and Benefits. To ensure a seamless transition between military medical care and in partnership with the VA, Walter Reed co-located the Veterans Health Administration and Veterans Benefits Associations liaisons with the Warrior Transition Unit case managers to support a continuum of care and benefits.

Improving the Medical Evaluation Board Process. Army Medical Command created the MyMEB Web site on the Army's internal computer system, Army Knowledge Online, allowing warriors to go online and access the status and progress of their Medical Evaluation Board. A limited release of the MyMEB will start June 15. This limited release is designed to solicit feedback from a focus group of injured Soldiers prior to full release.

“As we’ve said before, the Army takes Soldier inpatient and outpatient care very seriously.”

Gen. George W. Casey Jr.
Army Chief of Staff

Enhancing Physical Evaluation Board

Representation. The Army called 18 Reserve component lawyers and paralegals to active duty to provide additional legal advocacy for warriors undergoing the Physical Evaluation Board process. These personnel act as legal advocates for warriors in transition as they move through the Physical Evaluation Board process.

Caring for Post Traumatic Stress Disorder/Traumatic Brain Injury. The Army plans other major changes as part of this comprehensive Army Medical Action Plan. Next month, the Army will roll out an extensive educational program on Post Traumatic Stress Disorder and Traumatic Brain Injury for all its Soldiers and leaders. This program consists of a standardized presentation commanders will use to inform and educate both Soldiers and leaders. The teaching materials and visual support products are in the final stages of development and are undergoing review by military and civilian health professionals. The Army currently also is developing proposals for establishing Traumatic Brain Injury and Post Traumatic Stress Disorder Centers of Excellence to provide nationwide education and training to Army leaders, clinicians, Soldiers and their Families. Locations have yet to be selected, but will support area coverage of the United States, operating much like the Defense Veterans Brain Injury Centers.

“Our Army is doing everything possible to come to grips with a very challenging and complex issue,” Casey said on this subject. “The goal is to educate all Soldiers and leaders on PTSD and TBI so they can recognize, prevent and help Soldiers receive treatment for these debilitating physical and mental health issues, and remove the stigma associated with seeking care. Look, this is not just a medical problem, it is an Army problem, and we are going to do all we can to help our Soldiers.”

Continuing improvements under the Army Medical Action Plan support the Army's Warrior Ethos of “I will never leave a fallen comrade” by promoting changes in the Army's system of caring for warriors in transition and establishing long-term solutions for a productive career and life.

(Source: Army news release)



Photo by Cheri Avigne

Committed to service

Maj. Gen. Thomas Bostick, commander, U.S. Army Recruiting Command, reenlists four Soldiers from the U.S. Army 5th Recruiting Brigade June 8 during the quarterly training brief. The Soldiers are (from left) Staff Sgt. James Pashia, Staff Sgt. Patricia Castro, Sgt. Jesus Morales and Staff Sgt. Omar Jaimes. The U.S. Army 5th Recruiting Brigade has been awarded the U.S. Army Recruiting Command Commanding General's Top Brigade Retention Award for the last five years.



Photo by Esther Garcia

Center receives gift

(From left) Kelly Jones, Morale Welfare and Recreation; Diann Holiday; Shannon Walsh; Judith Markelz; Col. Wendy Martinson, commander, U. S. Army Garrison; Col. J.M. Harmon, chief of staff, Army Medical Department Center and School; and Stacy Haywood display a check in the amount of \$7,000 presented to the Warrior and Family Support Center from Rudy's Country Store and Bar-B-Que June 14. Walsh, Holiday and Haywood, with Rudy's Country Store and Bar-B-Que, presented the check to the center so they can continue to provide a comforting environment for the military men and women who are undergoing treatment at Brooke Army Medical Center for wounds received supporting operations Iraqi and Enduring Freedom. Rudy's Bar-B-Que collected the money from the sale of their barbecue sauce through a program called “Sause for Soldiers.” This is the third year Rudy's Bar-B-Que has generously donated to the center.

VETCOM welcomes

Continued from Page 1

the passing of Col. Cliff Walker. I want to extend my deepest condolences to his family and to the Soldiers who have served with him because they are feeling that loss most acutely. He will be greatly missed.”

Rolfe comes to the Veterinary Command from the Department of Defense Military Working Dog Veterinary Service, where he served as the director of the Defense Department’s Military Working Dog Program based at Lackland Air Force Base, Texas. Rolfe also was the chief of the Department of Veterinary Science at the Army Medical Department Center and School at Fort Sam Houston.

“Since its activation, we have had outstanding leaders at VETCOM, including Col. Walker. I have huge shoes to fill and will try my hardest to live up to all of their legacies. However, despite the fact that Col. Walker’s loss is still fresh to all of us; we must continue to move forward in his spirit – and he would expect that,”



Photo by Brendine Hodges
Col. David Rolfe (left), assumed command of the U.S. Army Veterinary Command in a ceremony Tuesday.

Rolfe said.

Rolfe said in conclusion, “Commanders accept the guidon left hand over right hand – over the heart and that is my commitment to you, to our unit and to our mission. I am proud to serve with you.”

The Department of Veterinary Science is the learning center for U.S. Army Animal Medicine and Food Inspection skills. The school focuses on four areas: veterinary food inspection and hygiene, animal medical care, veterinary preventive medicine, and research and development.

Army continues to improve warfighters’ gear, equipment

By Donna Miles
American Forces Press Service

WASHINGTON — Today’s Soldiers have the best equipment available, and the Army keeps striving to improve it, the general who oversees the equipping effort said.

“In the history of warfare, there has never been a ground Soldier as well equipped and capable as the U.S. Army is today,” Brig. Gen. R. Mark Brown told Pentagon reporters during a round-table briefing Friday.

The weapons, clothing and other gear used by warfighters today make them “more capable, more survivable, more lethal and with better communications than any time in history,” Brown said.

“Even though that’s the case, we never rest on our laurels,” he said. “We’re always looking for something better. ... We get the state-of-the-art, and then we immediately start going on to the next thing.”

As commander of the Army’s Program Executive Office Soldier program, Brown oversees the production of everything Soldiers wear or carry. That ranges from uniform items, protective gear and weapons to optical equipment and communications systems.

With a \$1 billion annual budget for research and development and \$4.4 billion for procurement, PEO Soldier’s 400 programs all work toward a common goal. “The eternal challenge in PEO Soldier is to balance size, weight and power consumption with Soldier capabilities,” Brown said.

That means giving troops the highest-quality, most dependable, lowest-maintenance gear possible, but with the lowest weight and least bulk. It’s a constant balancing act between lightening equipment without losing capability, while adding new systems as they

“I want to assure the American public, the Soldiers and their Families that they have the best equipment when and where they need it.”

Brig. Gen. R. Mark Brown
Army’s Program Executive Office Soldier program

come on line, he said.

Brown’s goal is to limit the maximum fighting load to one-third of a Soldier’s body weight. That’s a huge challenge, he acknowledged, when some missions currently require as much as 100 pounds of equipment.

Even the latest Interceptor body armor and outer tactical vest now being fielded weigh about 27.8 pounds. This figure varies slightly depending on size and doesn’t include the added weight for throat and groin attachments or deltoid protection.

Brown said he’s impressed with the speed in which new equipment is reaching the force. The Army has introduced nine body-armor improvements in the last five years and four helmet improvements in the last three.

“What we try to do is develop these things as rapidly as we can and do the research and development, the test, the acquisition as simultaneously as we can,” he said. “A lot is being done and being delivered to the Soldier at the right place and right time.”

Brown visibly bristles when asked about news reports that more capable gear is intentionally being kept from the troops. That’s flat-out wrong, he said, and shakes the confidence of Soldiers in harm’s way.

“I want to assure the American public, the Soldiers and their Families that they have the best equipment when and where they need it,” he said. “If there were something better, we would buy it, and we’re always looking for something better.”

Long-distance love

FORT HOOD, Texas — Spc. Matthew Ludwig, First Team intelligence analyst, and Lilani Keikiaina, 201st Military Intelligence Battalion at Fort Sam Houston, tie the knot Saturday during a video teleconference ceremony broadcast from Fort Hood to Baghdad. “We just kind of thought that it’s tough enough starting out with being apart,” said Molly Kaufman, a member of the Family Readiness Group at Fort Hood who coordinated the wedding. “If there’s a way that we as a family readiness group and as a rear detachment, rear command can make a Family’s life a little bit easier for something special like this, then we’re going to do whatever we can.”



Photo by Sgt. Robert Strain

Future Soldiers visit post

(From left) Chris Walton, Gabriel Navarro, Shawn Edmiston and Nick Muha get a closer look at the human patient simulator. Seventy-nine future Soldiers from the San Antonio Recruiting Battalion East Company toured Fort Sam Houston to get a glimpse of life as a Soldier before leaving for basic training. The future Soldiers visited the 232nd Medical Battalion Patient Simulator, advanced individual training barracks, the Army Medical Department Museum, the Rocco Dining Facility, the Quadrangle, Jimmy Brought Fitness Center, Benner Barracks and the Army and Air Force Exchange Service Friday.



Photo by Olivia Mendoza

One-stop shopping



John Rodriquez (left), manager, Outdoor Recreation Center, and Helena Ryan (center), Outdoor Recreation Center staff, assist Kevin Willis (right) with a fishing license and boat rental for the week-end.

Outdoor Recreation Center equips Families for summertime fun

Story and photo by Minnie Jones
Fort Sam Houston Public Information Office

With the summer months upon us, Fort Sam Houston’s Outdoor Recreation Center has just about everything military Families may need for camping, boating and fishing.

The Outdoor Recreation Center has convenient hours and a knowledgeable staff to help people make the most of their summer activities. Some of the items available to rent include large barbecue/smoker pits on trailers, canopies, tables, chairs, play bouncers and dunking booths for gatherings and birthday parties.

The Recreation Center is also looking at expanding its services to the Fort Sam Houston community.

“We are trying to get away from just being an equipment rental facility,” said John Rodriquez, facility manager of the Fort Sam Houston Outdoor Recreation Center. “We want to come up with different programs and organized outdoor trips to offer the community. Last May we offered tubing on the Guadalupe River and it was a huge success.”

Outdoor Recreation also rents those “not so fun” items for the yard and garden, such as lawn mowers, tillers and hand tools.

“I come here because it is convenient and the price is reasonable; it saves me from driving up Loop 410 to (a sporting goods store),” said Kevin Willis, Directorate of Information Management.

The Outdoor Recreation Center is located on Forage Avenue, Building 1111, and is open Monday through Friday from 8 a.m. to 5 p.m. For more information, call 221-5225 or 221-5224.

Influencers cost Soldiers their lives

By Lori Yerdon
U.S. Army Combat Readiness Center

FORT RUCKER, Ala. — In February, two Soldiers died in a rollover accident in Iraq when the M114 Humvee they were operating rolled into a canal. Though the Soldiers drowned, preliminary reports suggest they were driving under the influence ... but not of alcohol.

Driving under the influence doesn't always involve drinking alcohol. Drugs and other items can impair drivers and render them incapable of safely operating vehicles, as is the case in this report.

Initial findings from the accident suggest the Soldiers "huffed" before driving the government vehicle. Huffing is a term people use to describe the action of intentionally inhaling aerosols or chemical vapors to attain a "high" or gain some euphoric effect.

According to the National Institute on Drug Abuse, drugs, aerosols, chemical vapors and other items used to obtain this feeling act on the brain and alter perception, balance, coordination and other motor skills required for safe driving.

The symptoms of drugged driving may have gone undetected in the past, said Sgt. Danny Lamm of the Impaired Driving Unit at the California Highway Patrol Academy; however, enforcement measures are now in place to detect such hazardous practices. Unfortunately, a

trend is now emerging as a result of the improved detection methods — incidents of drugged driving are on the rise.

The National Highway Traffic Safety Administration reports that 16,000 people are killed annually because of drunk and drugged driving. NHTSA also estimates that drugs are used by about 10 to 22 percent of drivers involved in accidents, often in combination with alcohol. Prescription, over-the-counter, illicit and unrecognized drugs all have potential reactions with alcohol. The NIDA reports that drugged driving is a public health concern because it puts not only the driver at risk, but it also places passengers and others who share the road with them at risk.

In some situations, intoxicated passengers can cause fatal accidents, as is the case in a March privately owned vehicle accident that killed one Soldier in Tennessee. A Soldier was traveling with two other Soldiers when he reportedly lost control of his POV and crashed into a tree. However, reports indicate that a backseat passenger reached forward and grabbed the steering wheel.

Impaired judgment, uncoordinated body movements, blurred vision and slurred speech are just a few of the effects alcohol and drugs have on people. Just one drink is known to impair mental and physical abilities.

Lamm said he has witnessed numerous cognizant, levelheaded people choose to have a few drinks,

decide to drive and become remorseful when they are arrested for driving under the influence. The sad reality, however, is that Lamm and other law enforcement professionals aren't always able to remove impaired drivers from the streets before someone dies.

For example, in fiscal 2006, an Army captain died in Iowa after losing control of his motorcycle, slamming into a chain-link fence and tumbling end-over-end more than a dozen times.

The investigation revealed that he was driving under the influence. His blood alcohol concentration was .289, and he chose to leave the bar and not wear a helmet.

"Soldiers must take care of each other and battle to stay in the fight," said Lt. Col. Randall Cheeseborough, chief, ground task force for the U.S. Army Combat Readiness Center. "Develop a plan of attack before heading out for a night on the town, and make sound decisions before drinking."

"The use of battle buddies, designated drivers and taxis are cheaper than the cost of a DUI or fatality," Cheeseborough added. "Though Soldiers can face punishment by their chain of command, the ultimate loss could be that of a life. What influence would you rather drive under?"

For more information on drunk or drugged driving awareness and prevention, visit www.madd.org or www.nida.nih.gov.

How to spot a drunk driver

The following tips are suggested by the National Highway Traffic Safety Administration as ways to identify drivers who are under the influence:



- Turning with a wide radius.
- Straddling the center of the road or lane marker.
- Appearing to be drunk (i.e., eye fixation, face close to windshield, drinking in the vehicle).
- Almost striking an object or other vehicle.
- Weaving or zigzagging across the road.
- Swerving or abruptly turning away from a generally straight course.
- Turning abruptly or illegally.
- Driving slower than 10 mph below speed limit.
- Stopping inappropriately.
- Following others too closely.
- Erratic braking.
- Driving into opposing or crossing traffic.
- Signaling that is inconsistent with driving actions.
- Slow response to traffic signals.
- Driving with headlights off.

How to report a drunk driver

Call the police, 911 or 1-800-28DRUNK. Once connected with a law enforcement agency, provide them with the following information:

- Give the exact location (identify road and direction) of the vehicle.
- Give a complete description of the vehicle, such as make, model, color and license number of the vehicle.
- Describe the manner in which the vehicle is being driven.

What not to do

- Do not attempt to stop the vehicle.
- Do not attempt to follow if the vehicle is exceeding the posted limit..
- Do not disregard any traffic signals in an attempt to keep the driver in view.
- Do not attempt to detain the drunk driver if they stop.
- Do not attempt to assist any law enforcement officer while they are apprehending a drunk driver unless requested.

(Source: <http://www.maddwashington.org/drunks.htm>)



Looking good!

‘Biggest Losers’ near end of six-month weight-loss journey

By Elaine Wilson
Fort Sam Houston Public Information Office

(This is the fourth in a series of articles about “The Biggest Loser” program, a weight loss and healthy eating competition at Fort Sam Houston. Each month, the “News Leader” checks in with contestants to track their progress.)

The “Biggest Losers” are nearing the end of a six-month journey to shape up and adopt a healthier lifestyle. The competition, which started March 2, will wrap up Aug. 2.

With just six weeks left, the 33 participants have become somewhat reminiscent of a high school class. There are a few star pupils, some dropouts and a number of people who hover on the fringe of the crowd.

About 12 have been steady participants, and all showed up for a midpoint taping to gauge progress.

“The grand total was a loss of 58.35 percent body loss with an average of 4.86 percentage points lost per person,” said Cathleen Burrell, Biggest Loser fitness consultant. “Everyone is doing fantastic.

“But, I can’t reiterate enough the importance of focusing on the lifestyle changes that you are making out there and not getting so wrapped around the pounds on the scale,” she advised.

A few “losers” are nearing their weight-loss goal. Olivia Mendoza has

shed an impressive 20 pounds and is just 10 away from her goal weight. Laura Nalls is only six pounds from her goal of 140 pounds.

“For the last 10 years losing weight has been a part of my everyday life,” said Nalls, who credits her weight loss to Weight Watchers and an absence of sweets. “I lose it and gain it back right away, but hopefully this time will be different. Since I stared the Biggest Loser competition I committed myself to lose the weight for good.”

Along with better-fitting clothes and a more positive self-image, Mendoza is reaping side benefits from the weight loss.

“My cholesterol has dropped from over 200 to 170, just through exercise and healthier eating,” said Mendoza, whose weight loss is so dramatic people stop her in the office hallways to comment on her appearance. “I’ve been getting a lot of compliments from family and friends. It feels great.”

Each participant has adopted a different fitness and healthy eating plan, but just about all have stepped up their exercise and are passing on calorie-packed desserts.

“I have lost 10 pounds through portion control, less snacking and no late night eating,” said Barbara Lucas, Institute of Surgical Research. “Now that I’m beginning to exercise, I expect even better results.”

“I’ve found it takes two – diet and exer-

cise,” said Debra Barresi, San Antonio Recruiting Battalion, whose weight has been “yo-yo-ing” since the competition started. “There is little to no success for me if I do one without the other. Kind of like marriage ... success only through tag teaming.

“Weight loss is a lifelong battle for me and I know one day I will win,” she said.

Some “losers” have shed pounds quicker than others, success that Burrell attributes in part to “great genetics.” Age also seems to be a factor; two of the losers with the greatest amount of weight loss are also the youngest. Thirty-three-year-old Mendoza and 29-year-old Sunshine Jeane are contenders for the Biggest Loser title. However, the average age of the contestants is 48.

While age is a factor, it’s not the only one, Burrell said.

“As you grow older your metabolism slows,” she said. “It’s tougher to lose weight as you grow older but the golden rule still applies: You must expend more calories than you intake. Either consume fewer calories or burn more off through exercise.”

Burrell recommends beginners exercise for 30 minutes three to five times a week and urges people to check out the new food pyramid on the U.S. Department of Agriculture Web site, www.mypyramid.gov, for tips on healthy eating.

“Obesity numbers are staggering, ranging from children to adults, due to the increased consumption of high-calorie, easy-to-eat processed foods, coupled with

a more sedentary lifestyle,” Burrell said. “Most of us work at a computer all day and come home too tired to do anything but eat and go to sleep.”

Burrell recommends people pack a lunch and snacks for the day, cook a nutritious meal in the evening and, above all, “don’t give up.”

“It takes dedication and hard work but the payoffs are remarkable,” Burrell said. “It is not an easy road but with a support group, like the Biggest Losers, anyone can do it.”

When the Biggest Loser competition ends and the losers “graduate” from the program, Burrell hopes they do so equipped for a lifelong journey.

“You are making lifelong changes that will allow you to live healthier and happier lives,” said Burrell in an e-mail to the losers. “In the end, you are the one who will benefit for years to come.”

Burrell will evaluate final results, which include a taping and weighing, and select the Biggest Loser and two runners-ups Aug. 2. All of the contestants, slimmer or not, will be highlighted in the Aug. 9 edition of the News Leader.

3-D archery shoot

The next 3-D archery shoots will be held Saturday and Sunday with registration from 8 to 10 a.m. The shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in a woodland settings. Awards will be given to the top three in each class. The cost is \$15 per person. Minis and cubs shoot free with a paid adult, and a playground is available for younger children. For more information, call the Camp Bullis Outdoor Recreation Center at 295-7577.

Horse show draws riders to Fort Sam

Capt. Frances Virginia Luse
Special to the News Leader

The Fort Sam Houston Equestrian Center hosted the second horse show of the year June 9. Forty-five riders entered this dressage and jumping schooling show making it an all-day event.

Cindy Tripoli, equestrian center manager, hired dressage judge Kathryn Kyle of Bandera, Texas, and volunteer jumping judge Barbara Whitmire of Seguin, Texas, to officiate more than 110 rides.



Valerie Layton, daughter of former Brooke Army Medical Center Command Sgt. Maj. Craig Layton, won the Junior High Point Award on the privately owned horse Maurie.

Allison Kennedy, riding the mare Bunny’s Bouquet, owned by Col. Molly Hall, won the Training Level 2 Junior Dressage Class. She was a close second to fellow equestrian center rider Valerie Layton, on the privately owned Maurie, who won the Junior High Point Award.

The afternoon jumping classes proved exciting as adults and juniors navigated a jumping course of 10 or more jumps at heights that ranged from 2 feet to 2 feet, 11 inches.

The show provided a perfect venue for equestrian center riding program students to test their skills and learn more about horse show management. Students competed in the show and helped with show management activities such as scribing for judges, scoring tests and setting up the jumping courses.

The center is planning another show for the fall.

The equestrian center offers group and private riding lessons, summer and spring break youth camps, horse shows, 4-H, weekend trail and pony rides, and horse boarding. The center is located on Hawkins Road off of Binz-Engleman. For more information, call 224-7207.



Courtesy photos
Valerie Tkacs, daughter of Col. Dane Tkacs, U.S. Army North, makes a 2-foot, 6-inch jump with her horse, Taslehoff Burrfoot, during an equestrian center-sponsored horse show.



Allison Kennedy, riding the mare Bunny's Bouquet, won the Training Level 2 Junior dressage class.

HUGS play group

The Help Us Grow Securely play group, sponsored by the Family Advocacy New Parent Support Program, meets Tuesdays from 9 to 11 a.m. at Dodd Field Chapel. The group is for children up to age 5. Registration is not required. For more information, call Wendy Dolan at 221-0326.

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The Financial Readiness Program at Army Community Service offers this service. For more information, call 221-1612.



Religious Briefs . . .

Vacation Bible School

The Installation Chaplain’s Office will sponsor Vacation Bible School July 9 to 13 from 5:30 to 8:30 p.m. at Dodd Field Chapel’s “Avalanche Ranch.” Each day children will sing songs, play teamwork-building games, nibble “chuck wagon chow,” take on a daily challenge to celebrate God’s love, experience Bible adventures and collect “Bible Memory Buddies.” Each day will conclude with a “Showtime Roundup” celebration that helps participants live what they’ve learned. Family Members and

friends are welcome to attend the Roundup, which begins each day at 8 p.m. For more information, call Brian Merry, Installation Chaplain’s Office, at 221-5006 or e-mail Brian.r.merry@us.army.mil.

Rebuilding New Orleans trip

Participants are needed to assist in “rebuilding” New Orleans. The trip is tentatively scheduled for the first week of August, and will be a Wednesday through Sunday evening. People need to call to reserve a spot as soon as possible. For more information, call Brian Merry, Installation Chaplain’s Office, at 221-5006 or e-mail brian.r.merry@us.army.mil.

Protestant Women of the Chapel

The Protestant Women of the Chapel will host a June summer study Thursdays from 6:30 to 8 p.m. at Dodd Field Chapel. Childcare will be provided for children up to age 5. A DVD series, which features four Christian women speakers, will cover a different topic each week. For more information, call Paulette Jordan, at 462-7676.



Members of the U.S. Army Medical Command Rock Band entertain the crowd as more than 1,000 Soldiers arrive at MacArthur Parade Field to celebrate the Army's 232nd Birthday.



Army streamers represent proud history

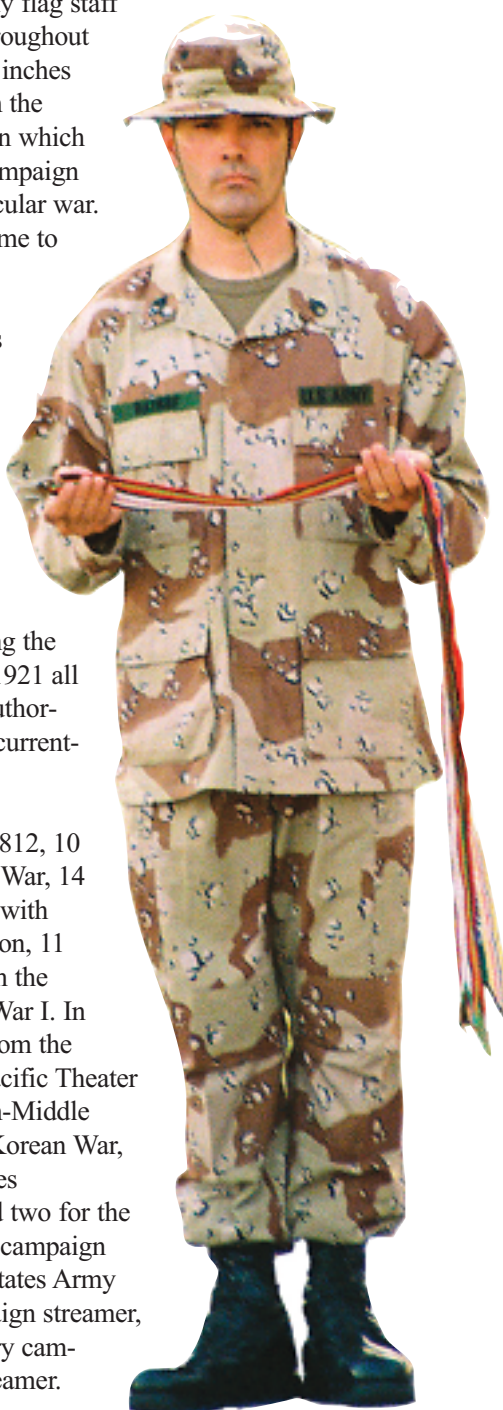
The 178 streamers attached to the Army flag staff denote campaigns fought by the Army throughout our nation's history. Each streamer (2 1/2 inches wide and 4 feet long) is embroidered with the designation of a campaign and the years in which it occurred. The colors derive from the campaign ribbon authorized for service in that particular war.

The concept of campaign streamers came to prominence in the Civil War when Army organizations embroidered the names of battles on their organizational colors. This was discontinued in 1890, when units were authorized to place silver bands, engraved with the names of battles, around the staffs of their organizational colors.

When American Expeditionary Force units in World War I were unable to obtain silver bands, General Pershing authorized the use of small ribbons bearing the names of the World War I operations. In 1921 all color-bearing Army organizations were authorized to use the large campaign streamers currently displayed.

The streamers include 16 from the Revolutionary War, six from the War of 1812, 10 from the Mexican War, 25 from the Civil War, 14 from the Indian Wars, three from the war with Spain, three for the China Relief Expedition, 11 from the Philippine Insurrection, one from the Mexican Expedition and 13 from World War I. In addition, during World War II, one was from the American Theater, 21 from the Asiatic-Pacific Theater and 16 for action in the European-African-Middle Eastern Theater. Ten were added for the Korean War, 17 for Vietnam, three for the Armed Forces Expeditions, three for Southwest Asia and two for the Kosovo campaign. The three most recent campaign streamers officially awarded the United States Army June 15, 2006, are the Afghanistan campaign streamer, the Global War on Terrorism expeditionary campaign streamer and the Iraq campaign streamer.

(Source: www.Army.mil)



Staff Sgt. David Lopez, Headquarters 32nd Medical Brigade, presents a campaign streamer at the Army birthday ceremony.



Members of the Army Medical Department Center and School Color Guard, led by Sgt. 1st Class Kimberly Bradford, prepare to present the colors during the Army's birthday ceremony June 14 at MacArthur Parade.



187th Medical Battalion Command Sgt. Maj. Stephen Paskos with battalion Soldiers make an "Army Strong" statement during the Army birthday and Flag Day concert.

Post celebrates 232nd Army birthday, 230th anniversary of 'Old Glory'

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs Office

The Army turned 232 years old June 14. Army posts across the nation celebrated in their own unique way with ceremonial presentations and birthday cakes.

Maj. Gen. Russell J. Czerw, commander, Army Medical Department Center and School and Fort Sam Houston, hosted a ceremony to celebrate the Army's birthday and the 230th anniversary of "Old Glory" June 14 at MacArthur Parade Field.

"Remember that both our Army and our nation's flag were born during an extraordinary fight for independence against one of the world's super-powers," Czerw said.

The celebration began with the arrival of more than 1,000 Soldiers assigned to Fort Sam Houston to the music of the U.S. Army Medical Command Rock Band.

Staff Sgt. Cornelius Whitaker, Brooke Army Medical Center, sang the national anthem followed by the presentation of the Army's 178 battle streamers to the Army flag. Command Sgt. Maj. Timothy Burke attached the streamers to the Army flag with the assistance of Soldiers dressed in period uniform.

"The campaign streamers that you see attached to the Army flag this evening are a visual representation of the blood and sacrifices made in defense of our nation," Czerw said.

The celebration continued with entertainment by the "The Almost Patsy Cline Band" from Bandera, Texas, singing favorite country and westerns and patriotic songs - Texas style. Czerw joined the band singing his rendition of "Amarillo by Morning."



(Above) Command Sgt. Maj. Timothy Burke, Army Medical Department Center and School, affixes the Indian Campaign streamers presented by Spc. Kellie Burch, assigned to Brooke Army Medical Center.

(Left) Maj. Gen. Russell J. Czerw, commander, Army Medical Department Center and School and Fort Sam Houston, joins "The Almost Patsy Cline Band" from Bandera, Texas performing "Amarillo by Morning" June 14 at the Army birthday and Flag Day celebration at MacArthur Parade Field.

FCC provider earns childcare credential

By Donna Williams
Family Child Care

Takiyah Prince of Fort Sam Houston has earned a Child Development Associate Credential in recognition of her outstanding work with young children. The credential was awarded by the Council for Early Childhood Professional Recognition, which represents the early childhood profession.

Prince joins several other Family Child Care providers at Fort Sam Houston who are recipients of the CDA. The CDA is the only major national effort to improve childcare by evaluating and recognizing the skills of individuals providing care. The majority of



Photo by Ruth Mitchell

Paul Matthews, director, Directorate of Morale, Welfare and Recreation, presents Takiyah Prince with a Child Development Associate Credential in recognition of her outstanding work with young children.

the states include CDA in childcare licensing regulations.

Every candidate for the CDA credential is observed while working with young children and is evaluated by a team, which includes early childhood experts and parents. The candidate must demonstrate the ability to work with families to develop children's physical and intellectual capabilities in a safe and healthy learning environment.

To inquire about FCC provider opportunities, call 221-3828 or stop by the FCC office, 1630-A Sultan Road (behind the Youth Center).

Child and Youth Services

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet July 17 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn of upcoming events.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3828.

Off-post childcare options

The Army Child Care in Your Neighborhood program offers military families more childcare options in the local community. There are two childcare centers and 25 civilian providers in areas surrounding Fort Sam Houston for use by local Army families. The centers and providers are monitored to ensure they meet Army standards. For more information, call Family Service Association at 431-7570 or Fort Sam Houston Central Registration at 221-4871.

Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour

of FCC homes. In addition, parents can read about the provider's philosophy of care, hours of operation and background. This online tool can be accessed through Child and Youth Services Central Registration, Building 2797, from 8 a.m. to 4:30 p.m.

Sport physicals

Patrons interested in summer and fall sports should make appointments for a sport physical now. Patrons will need a sport physical to register. Sports physical must be valid for the entire sport season. Patrons must be registered with Child and Youth Services to participate in sports. For more information or registration requirements, call Central Registration at 221-4871 or 221-1723.

Fall football, cheerleading

Register for fall football and cheerleading for ages 5 to 14. Patrons must be registered with Child and Youth Services. At registration, patrons must provide a current sport physical that is valid through the entire season, Leave and Earnings Statement, spouse's W-2 form, current shot record for kindergarten through fifth graders, child's Social Security number, two local emergency contacts, \$18 registration fee and \$60 football fee and \$50 cheerleading fee. For registration information, call Central Registration at 221-4871. For sports information, call the sports office at 221-5519.

SKIES Unlimited classes available

The Child and Youth Services SKIES Unlimited program offers classes for children ages 6 to 18 who are registered with CYS.

School of Languages

- German: Monday, 30-minute classes from 9 to 10:30 a.m. for beginner, intermediate and advanced students, located in Building 2530.
- German: Monday through Wednesday, 90-minute classes, from 3:30 to 5 p.m. and 5 to 6:30 p.m. for beginner, intermediate and advanced students, located in Building 1630A.
- Arabic: Thursday, 90-minute classes from 3:30 to 5 p.m. and 5 to 6:30 p.m. beginner and intermediate students, located in Building 1630A.

To determine the child's skill level and for prices, call the instructor, Rabiaa Gardner, at 744-2304.

School of Music

Piano lessons will be held every Tuesday in 30-minutes increments from 10 a.m. to 12 p.m. and 4 to 6 p.m. one half hour per week, in Building 2018. The cost for each lesson is \$20. Lesson books are to be purchased by the students.

School of Sports

Tennis lessons will be held Monday through Friday from 3:30 to 4:30 p.m. for 5- to 6-year-olds and 3:30 to 6:30 p.m. for 6- to 18-year-olds. Lessons are held at the tennis court on the corner of Hardee and Scott streets on Fort Sam Houston. Children must furnish their own tennis racket and missed lessons will not be made up. The cost is \$50 a month for the one-hour class and \$150 a month for the three-hour class.

Payment is due on a monthly basis and registration is required with Child and Youth Services prior to the first class. The first month's fees are due at time of registration at Building 2797. Fees are due and payable at the beginning of each month, and can be paid at the Child Development Center, Building 2530; School Age Services, Building 1705; or Middle School and Teens, Building 1630. Missed lessons will not be made up. For more information, call 221-1723 or 221-4871.

Community Recreation

MWR Web site, Information Hotline

Access information about Morale, Welfare and Recreation events, activities and programs 24 hours a day. For more information, call the hotline at 295-3697 or visit www.fortsamhoustonmwr.com.

Equestrian Center youth camp

Registration for the Summer Youth Horsemanship Camp will continue until classes are full at the Equestrian Center. Camp is for youth ages 7 to 17 and consists of a one-week session held from 9 a.m. to 3 p.m. each day. The last session ends Aug. 10. The registration fee is \$195 with a \$25 deposit. For more information, call 224-7207.

Veterinary Services

The treatment facility at the Fort Sam Houston Veterinary Clinic provides physical examinations and vaccinations for privately owned animals. Walk-ins are accepted for pet registration and micro-chip services. Emergency treatment for chronic conditions and surgical services are available by appointment. Sick Animal Clinics are held Monday through Wednesday from 8:30 a.m. to 3 p.m., Thursdays from 1 to 3 p.m. and Fridays from 8:30 to 11:30 a.m. For more

information, call 295-4260 or 295-4265.

Outdoor pool is open

The Aquatic Center outdoor pool is open daily from 12 to 8 p.m. for the summer. Admission is free. For more information, call 221-4887 or 221-1234.

Summer swim lessons

Registrations for Red Cross swimming lessons will continue until classes are full at the Aquatic Center. Individuals must register in person Monday through Friday from 11 a.m. to 6 p.m. The cost is \$40 per student and includes lessons, certificate of completion, class photo and T-shirt. Payment is due at time of registration. Lessons are conducted in two-week sessions held Monday through Friday from 8:15 to 9:15 a.m. and 10:45 to 11:45 a.m. Four summer sessions will be offered. For more information, call 221-4887 or 221-1234.

Skeet, trap range

Open skeet shooting is available at the Randolph Air Force Base Skeet and Trap Range. The range is open Wednesdays from 1 to 6 p.m. and Saturdays and Sundays from 9 a.m. to 3 p.m. The range offers shotguns for rent and five stand skeet shooting for enthusiasts to test their skills. Skeet tournaments are held throughout the year. Texas residents must have a current Texas Skeet Shooting Association card to participate. For more information, call 652-2064.

Golf Course, 222-9386

Summer junior golf camps

The Fort Sam Houston Golf Course will host junior golf camps throughout the summer. The next session will be held Monday through June 29 from 8 to 10 a.m. The cost for a one-week session is \$60. The junior golf camps are designed for three different age groups: 7 to 9 years old, 10 to 12 years old and 13 to 16 years old. Campers will be instructed on putting, chipping, etiquette, safety and more. For more information, call James Benites at 355-5429.

Red, White and Blue Golf Tournament

The Fort Sam Houston Golf Club will host the annual Red, White and Blue Golf

Great Getaways Sweepstakes

Register for a chance to win an all-inclusive grand prize vacation package for two at one of four Armed Forces Recreation Centers. The sweepstakes is open to service members, retirees, Department of Defense civilians and their Families, age 18 and older, through Aug. 31. For more information or to enter, visit <http://www.afrcresorts.com/sweepstakes>.

Tournament July 4. The shot gun start for the four-person scramble event is 12:30 p.m. Entry fees are \$35 for members and \$50 for non-members. Net and gross prizes will be awarded after the tournament at a dinner and awards ceremony. For more information, call 222-9386.

Women’s golf clinic

The Fort Sam Houston Golf Course will host two women’s golf clinics July 6 through 27 and Aug. 3 through 24 from 6 to 7 p.m. The cost for each session is \$120. For more information, call James Benites at 355-5429.

Warrior’s Monthly Scramble tournament

Register up to four players to participate in the Warrior’s Monthly Scramble held the first Friday of each month at the Fort Sam Houston Golf Club. The next tournament will be July 6 with a shotgun start time at 12:30 p.m. The entry fee is \$20 per person and includes cart rental, prizes and social following the scramble. Participants must be in an authorized pass or leave status. For more information, call the Golf Club’s Pro Shop at 222-9386.

Dining and Entertainment

Sam Houston Club, 224-2721

Summer Bash

The Sam Houston Club will hold the first Summer Bash Friday from 4:30 to 8 p.m. with free barbecue, live musical entertainment and activities for the entire family. Door prizes will be provided. For more information, call 224-2721.

‘At the Copa’

Support the Better Opportunities for Single Soldiers during their performance of “At the Copa” June 28 from 7 to 8:30 p.m. at the Hacienda Recreation Center. “At the Copa” is one of Fort Sam Houston’s entries

in the 2007 U.S. Army Festival of the Performing Arts. The variety show features civilian and military vocalists, dancers and musicians performing in a nightclub setting. For more information, call 224-7250.

Texas Hold ‘em

Sign up now for a new round of Texas Hold ‘em July 13 at the Sam Houston Club from 6 p.m. until a winner is declared. Register by July 11 for \$20, which includes a special meal and unlimited soft drinks. The first-place winner will receive a \$700 travel voucher for Southwest Airlines, second place receives a \$300 Army and Air Force Exchange Service gift card and third place receives a \$200 AAFES gift card. For a complete list of prizes and official rules, visit the Sam Houston Club. Players must be at least 21 years old to participate. For more information or to reserve a seat, call 224-2721 or 226-1663.

Harlequin Dinner Theatre, 222-9694

The comedy, “Proposals,” by Neil Simon, will play through June 30. Tickets are \$24.95 Wednesdays and Thursdays, and \$27.95 Fridays and Saturdays. Doors open at 6:15 p.m., the buffet is from 6:30 to 7:30 p.m. and the show begins at 8 p.m. For more information or to make reservations, call 222-9694.

MWR Ticket Office, 226-1663

The MWR Ticket Office has discounted tickets for Splashtown. The tickets are for daily entrance and are \$8. Also available are tickets for the Daytona International Speedway’s 2007 Pepsi 400, SeaWorld season passes and more. The ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2 p.m. and closed Sundays and Mondays. For more information, visit www.fortsamhouston-mwr.com or call 226-1663 or 224-2721.

Coushatta Casino resort trip

The MWR Ticket Office and the Sam Houston Club will sponsor a trip to the Coushatta Casino Resort in Kinder, La. The bus will depart from the Sam Houston Club Aug. 7 at 7 a.m. and return Aug. 8 at 10 p.m. The cost is \$49 per person and includes roundtrip motor coach transportation, overnight hotel accommodations, continental breakfast at hotel and one \$23 coupon from the casino. Patrons must be at least 21 years old and possess a valid photo ID at all times. Make reservations at the ticket office by Aug. 1. For more information, call 226-1663 or 224-2721.

Smoke-free, courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your “wings.” Visit the Health Promotion Center, Room L31-9V, Brooke Army Medical Center, or call 916-3352 or 916-5538.



Events

Family Strong monthly focus group

A Family Strong meeting will be held today from 10 a.m. to 12 p.m. at 711 E. Josephine, located in the Center for Health Care Services Building. The guest speakers will be Cynthia Nikkhah, Expand Children’s Hearing Opportunities Program, and Diane Williams, Exceptional Family Member Program. For more information, call Denisse Cardona at 299-8139, ext. 247.

West Corporation job fair

The Family Employment Readiness Program will sponsor a small hiring seminar with West Corporation Friday from 10 a.m. to 2 p.m. at Army Community Service, Building 2797. West Corporation, located in Universal City, is looking for employees to fill inbound customer service and call center positions. Starting wage is \$9 per hour. For more information, visit www.westemployment.com or call Jennifer Swiger at 221-0516.

Communication, IT Expo

The 37th Communications Squadron will host the 13th Annual Communication and Information Technology Expo Wednesday from 9:30 a.m. to 1:30 p.m. at Lackland Air Force Base in Mitchell Hall. The expo is open to Department of Defense, government and contractor personnel. There is no cost to attend. More than 40 companies will show the latest in communications and IT products and services. For more information, call Federal Direct Access Expositions at 877-332-3976 or Airman 1st Class Rose at 671-3200.

MOAA-Alamo Chapter luncheon

The Military Officers Association of America-Alamo Chapter luncheon will be held June 28 at the Lackland Air Force Base Gateway Club; the social hour begins at 11 a.m. and the luncheon at 11:45 a.m. The guest speaker will be Brig. Gen. (Dr.) David Young III, who will discuss Base Realignment and Closure developments, TRICARE changes, and the new clinic and pharmacy center. The cost is \$16 per person. For more information or reservations, call 228-9955 by Monday or e-mail moaa-ac@sbcglobal.net.

Star Spangled Festival

Lackland Air Force Base will host the 29th Annual Star Spangled Festival July 4 at the base amphitheater. The gates will open at 3 p.m., with the show at 8 p.m. A spectacular fireworks display closes the event at 9:45 p.m. The festival includes activities for peo-

ple of all ages, such as game booths, kiddie carnival, paintball, food booths and a DJ tent. Visitors may enter through the Gateway East Gate, located off of S.W. Military Drive. Parking is free. All attendees must have a valid photo ID card and proof of car insurance. No backpacks, coolers, video cameras or pets will be allowed on the grounds with the exception of assistance or guide dogs. For more information, call 671-3906.

Youth essay contest

Military children are invited to participate in a youth essay contest on the topic, “The Person I Admire.” The contest is open to children age 18 and younger eligible to use Services and Morale, Welfare and Recreation facilities at participating bases. The contestants’ essays should include name, age, telephone number and the base with which they are associated. Essays should be postmarked before July 10 and mailed to: San Antonio Missions Baseball Club, Post Cereal Youth Essay Contest, 5757 Highway 90 W., San Antonio TX 78277.

Sweet Smell of Success Dream Jobs!

Fort Sam Houston Morale, Welfare and Recreation and Better Opportunities for Single Soldiers have partnered with Speedstick and Army and Air Force Exchange Service to showcase the “Speed Stick 24/7 Guy Mennen Sweet Smell of Success Dream Tour” July 12 from 11 a.m. to 6 p.m. at the Dream Job Employment Center, located between the AAFES Mini-Mall and Post Exchange. Military members and civilians can apply for a weeklong dream job. Stop by and apply for one of many positions including WWE honorary time keeper, music press agent with Sony Music and Maxim Magazine photographer’s assistant just to name a few. In addition to scoring a “dream job,” MWR will give away \$100 AAFES gift cards. For more information, call 221-2606.

Freedom Alliance Scholarship

The Freedom Alliance Scholarship Fund honors the bravery and dedication of Americans in the armed forces. Freedom Alliance is accepting applications for the 2007-2008 academic year from children of U.S. military personnel who have been killed or permanently disabled in the line of duty during the war on terror and in other theaters of operation. Students must be enrolled or accepted at an accredited college, university or vocational school. The deadline for applications is July 20. For more information or an application, visit www.freedo-malliance.org.

2007 Military Long Drive

The MWR Long Drive Championship, presented by Cadbury Schwepps, will be held Aug. 12 at 8:30 a.m. at the Fort Sam Houston Golf Club. This one-day program is a qualified Long Drivers of America event and is open only to active duty service members, Reserve and National Guard (inactive status may participate). All competitors will compete in an open division. Prizes will be awarded for first, second and third place finishers. The active duty service member who hits the longest qualified drive during the military division will win \$10,000 and be featured on the ESPN coverage of the event. The top long drive competitor at each of the five geographical zones who records the longest drive will win an all-expenses-paid trip to compete in the military division at the championship in Mesquite, Nev. The San Antonio military installation that provides the most contestants will win \$1,000 worth of AAFES gift cards. For more information, call 222-9386 or visit www.mwrpromotions.org.

JFK High School 1967 class reunion

John F. Kennedy High School class of 1967 will sponsor a three-day 40th class reunion starting Aug. 31 at the JFK Assembly. For more information or tickets, call Vicky at 830-303-9377 or 830-401-4357 or Angelika at 494-8027.

Honorary bat boys

Nominations to become an honorary bat boy for the San Antonio Missions home games throughout the summer will be accepted for military youth 18 years old and younger. Honorary bat boys help on the field at a game, receive a Missions cap and special T-shirt, tickets for their family to attend the game, and participates in the on-field opening ceremonies at Missions home games Friday, Saturday or Sunday. To register, send a post card with the nominee’s name, age and phone number on a 3-by-5 inch card to: San Antonio Missions Baseball Club, Kraft Singles Honorary Batboy, 5757 Highway 90 W., San Antonio, Texas 78277.

Seeking Cub Scouts

Boys going into first grade (or 7 years old) through fifth grade are invited to join Cub Scouts Pack 23 at Fort Sam Houston. Pack 23 has a fun summertime program that includes water sports, hikes and den meetings. To register a new scout or to transfer a scout into Pack 23, e-mail Jennifer Tucker at jtuckerpack23@yahoo.com. For more information, e-mail Peter Moons at peter.moons@us.army.mil.

Training

Army Knowledge Online

AKO training will be held today from 1 to 4 p.m. in Willis Hall, Building 2841, Room 2105B. For more information or to register, call Julie Gueller at 221-6203.

Army’s e-Learning program

Soldiers can earn promotion points and college credit by taking online courses through Army’s e-Learning program funded by Headquarters, Department of Army. There are more than 2,600 courses, including 30 foreign language courses, Lean Six Sigma, project management and information technology courses under Microsoft, Cisco and A+ certification tracks. For more information, visit Army Knowledge Online at www.us.army.mil or call Julie Gueller at 221-6203.

Scholarship for vets

The Dwyer Group will sponsor an annual \$2,500 veteran scholarship to assist military veterans pursuing college-level studies in franchising or entrepreneurship. To be eligible, candidates must have received an honorable discharge from any branch of the United States military or Coast Guard and be enrolled or about to enroll in an entrepreneurial course of study at an accredited college or university. For applications, call 202-628-8000 or visit www.franchise.org.

Meetings

Audie Murphy Club meeting

The Sergeant Audie Murphy Club will meet June 28 with a member’s lunch at 11:30 a.m. and meeting at 12 p.m. at the Sam’s Sports Bar inside the Sam Houston Club. Sergeant Audie Murphy and Sergeant Morales members are invited. New members are always welcome. For more information, call 1st Sgt Clay Istre at 286-4033 or 332-0722.

Chess club

The on-post chess club meets Mondays from 5 to 7 p.m. in the Brooke Army Medical Center Medical Mall. The club is open to military and their Family Members, civilians and patients; experience is not necessary. Chess sets are provided on site. For more information, call Michael Oakes at 550-3153.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on



Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail **news.leader@samhouston.army.mil** or fax to **221-1198**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.

For Sale: Executive desk, \$800; leather chair, \$200; display cabinet, \$150; barbeque pit, still in box, \$50; 17-inch monitor, \$15. Call Sandy at 241-1291.

For Sale: Cherrywood finish five-drawer chest of drawers, \$50; wood daybed with trundle, maple finish, \$100; Colonial style, two-story dollhouse on wheels, white, includes furniture and other accessories, \$100; variety of plants, \$5 to \$10. Call 260-3975 or 223-4606.

For Sale: Car bra for a BMW Z4, fits model years 2003-2006, \$75 obo; soft top assembly covers the convertible top when down for all Mustang convertibles, fits model years 2002-2005, \$100; racquetball racket, \$15; tennis racket, \$15. Call Rita at 295-6321 or 512-589-7286.

For Sale: King-size oak Vaughn Bassett poster bed, \$300 obo; small oak entryway table and mirror,

\$15; Graco pack and play with bassinet insert, \$20; toddler car seat with travel case, \$20. Call 277-6624.

For Sale: Caloric electric stove, almond, works great, \$100. Call 323-5587.

For Sale: MSR rims, 20 inches with NEXEN 255/352R20 tires, five lug will fit Chevy Caprice, Impala, Buick Roadmaster, almost new, \$1,300 obo. Call 385-0183.

For Sale: Heavy duty Whirlpool 6-cycle washer and dryer, \$200 both; sofa with sleeper, black, \$150; small dinner table with four chairs and wine rack, \$75; sofa and love seat, multi-color, \$150. Call 313-7289.

For Sale: Briggs & Stratton lawnmower, red, 3.5 HP Classic Murray 20-inch throttle free, runs great, \$65; cushy light beige rugs, 12 feet by 12 feet and 12 feet by 4 feet and one rose rug, 12 feet by 4 feet, \$45 each; Sears table saw, heavy

duty, \$275. Call Turner at 657-0584.

For Sale: Thule rooftop system with locks, Yakima rooftop system with aerodynamic front fork block and air visor with locks, \$50 each or both for \$75. Call 481-1981.

For Sale: Men’s Breitling Superocean watch, black face with date, mint condition, includes SN, all papers and original packaging, \$1,995; large pet door insert for sliding glass door, \$25; V3 Razor cell phone, clear ESN, smoke gray, charger, box, papers etc., \$75; Goodnight Ben nursing rocker, cherrywood with light blue cloth seat pads, includes matching foot stool, in excellent condition, \$325. Call 265-3140.

For Sale: 1990 Nissan 300ZX, black on black, auto, T-tops, two-plus-two, 158K miles, new tires, great shape, \$3,000. Call 404-0438.

For Sale: Nikon D70 digital SLR camera

\$500; 18-70 mm f/3.5-4.5 AF-S DX Zoom Nikkor lens, \$375; 70-300 mm f/4-5.6D ED-AF Nikkor lens, \$500. Call Frances at 661-0334 or 214-507-6750 or e-mail auntiefrancie@sbcglobal.net.

For Sale: Color TV, 13 inches, in excellent condition. Call 680-1079.

For Sale: Chain link fence, 250 feet long by 4 feet high with three gates and all hardware, you remove, \$500 obo; chain link fence, 50 feet long by 6 feet high with one gate, \$45. Call 212-7842.

For Sale: Jazzy motorized wheelchair with detachable foot rest and instruction booklet, \$1,050. Call 661-3765.

For Sale: Complete inventory of new jewelry for retail, items include a collection of earrings, pins, necklace pendants and many more; assortment of natural and semi-precious gemstones, \$9,950. Call 577-8106 or 625-0272.